

1 hour

Serves 4-6

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Ingredients:

Tandoori spice mix:

- 1 Tbsp (15ml) each coriander and cumin seeds, toasted
- 1 tsp (5ml) each paprika, turmeric, cayenne pepper and ground ginger
- ½ tsp (3ml) salt
- 3 Tbsp (45ml) canola oil
- 2 onions, chopped
- 2 cloves garlic, chopped
- Knob butter (optional)
- 2 packets (300g each) cauliflower florets
- 2 cans (400g each) chopped tomatoes
- 3 Tbsp (45ml) sugar (or 2 Tbsp (30ml) honey works well too)
- 2 cups (500ml) vegetable stock
- 2 cans (400g each) chickpeas, rinsed
- 3 Tbsp (45ml) chopped coriander
- Juice (60ml) of 1 lemon
- 3 Tbsp (45ml) pomegranate rubies (optional)
- Salt and milled pepper
- Cooked basmati rice, for serving

Homemade coriander chutney:

- ½ cup (125ml) desiccated coconut
- ½ green chilli
- 1 punnet (20g) fresh coriander
- 2 Tbsp (30ml) peanuts
- ½ tsp (3ml) ground cumin
- ½ cup (125ml) plain yoghurt

- Juice (30ml) and grated peel of 1 lime
- Salt and milled pepper

Method

1. Crush spice mix using a pestle and mortar.
2. Heat oil in a large pot and sauté onion and garlic for 3-5 minutes.
3. Add spice mix and cook for a further 2 minutes.
4. Add butter (if using) and cauliflower and stir well for 5 minutes, coating cauliflower in spices.
5. Remove cauliflower and set aside.
6. Stir through tomatoes, sugar or honey and stock.
7. Cover and simmer for 20-25 minutes, stirring at regular intervals.
8. Add chickpeas and return cauliflower to pot.
9. Simmer for 5 minutes and stir through coriander, lemon juice and pomegranate rubies (if using) and season.
10. For chutney, blitz all ingredients together until smooth. Season.
11. Remove from heat and serve with rice and homemade coriander chutney.

[Check Out Our Chicken Curry Recipe](#)